



Cowboy Tacos

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



12

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apricot preserves
- 16 ounce chili beans sauce undrained canned
- 10 ounce olives ripe sliced for topping canned
- 1 cup salsa
- 1 pound ground pork minced cubed
- 1.3 ounce taco seasoning
- 12 taco shells
- 1 tablespoon vegetable oil

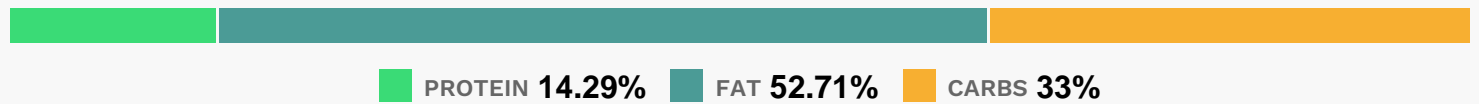
Equipment

- frying pan

Directions

- In a large resealable bag, toss pork meat with the taco seasoning mix until coated.
- Heat oil in a skillet over medium-high heat. Fry the seasoned pork in the hot oil, stirring occasionally until pork is no longer pink.
- Stir the beans, salsa and apricot preserves into the skillet with the pork. Reduce heat to low, and simmer until heated through, about 10 minutes.
- Spoon 1/3 cup of the pork mixture into each taco shell, and top with sliced olives.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:4.63, Inflammation Score:-5, Nutrition Score:9.0791305044423%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 265.21kcal (13.26%), Fat: 15.81g (24.32%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 18.13g (6.59%), Sugar: 6.52g (7.25%), Cholesterol: 27.22mg (9.07%), Sodium: 1085.65mg (47.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin B1: 0.33mg (22.02%), Fiber: 4.14g (16.54%), Phosphorus: 160.4mg (16.04%), Vitamin B6: 0.32mg (15.9%), Selenium: 10.91µg (15.58%), Zinc: 1.84mg (12.25%), Vitamin B3: 2.3mg (11.51%), Potassium: 377.18mg (10.78%), Magnesium: 40.26mg (10.07%), Vitamin A: 496.57IU (9.93%), Vitamin B2: 0.17mg (9.72%), Vitamin E: 1.43mg (9.52%), Iron: 1.67mg (9.28%), Copper: 0.17mg (8.74%), Folate: 21.64µg (5.41%), Manganese: 0.1mg (4.96%), Calcium: 48.68mg (4.87%), Vitamin B12: 0.27µg (4.47%), Vitamin K: 4.51µg (4.29%), Vitamin C: 3.23mg (3.91%), Vitamin B5: 0.3mg (3.03%)